

**Fig. 1**  
(PRIOR ART)

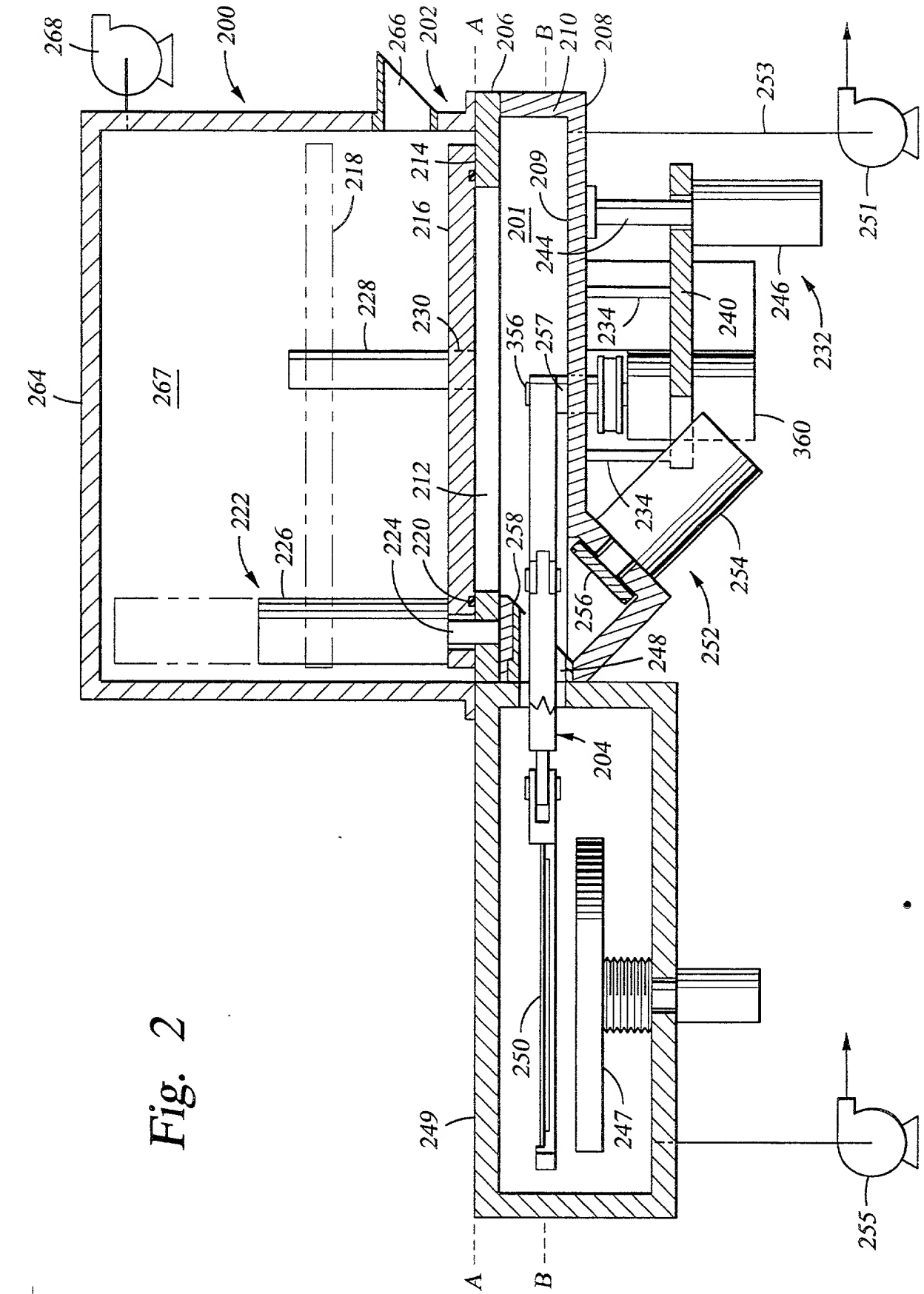


Fig. 3

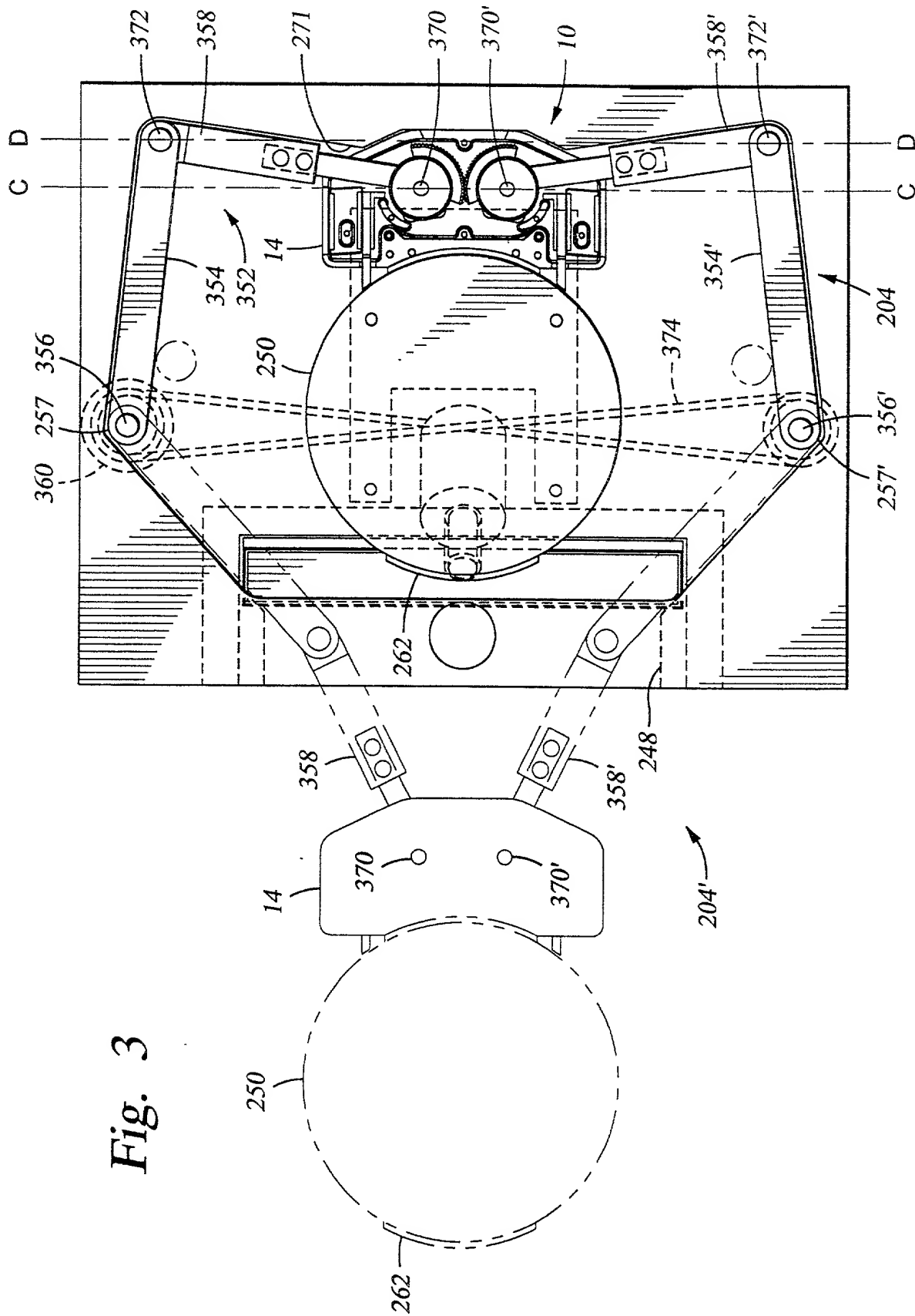


Fig. 4A

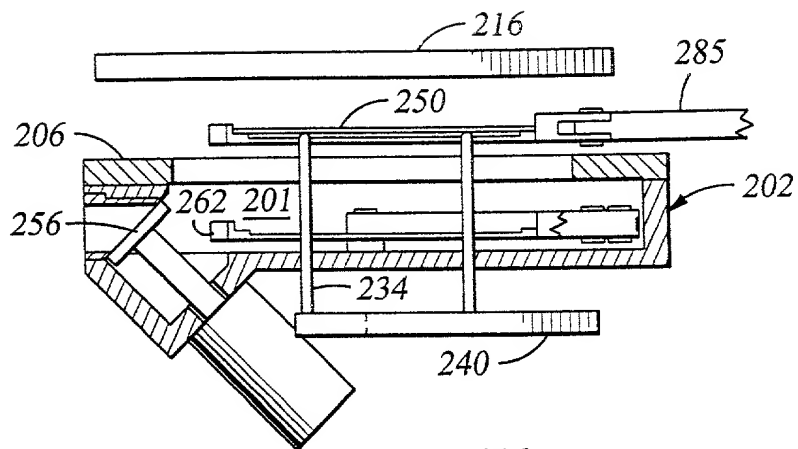


Fig. 4B

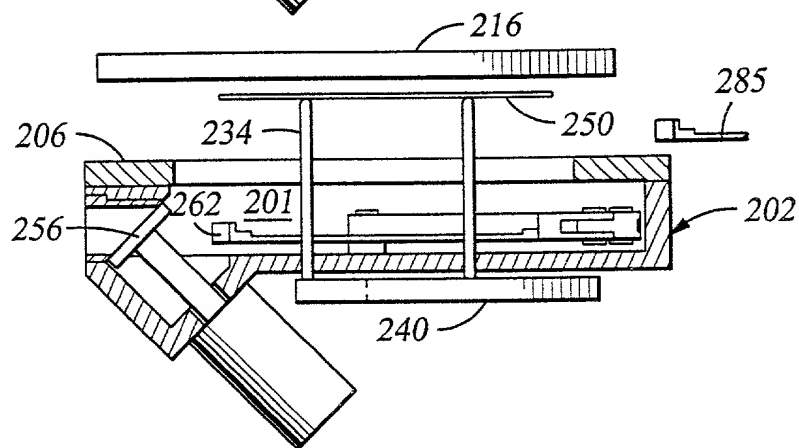


Fig. 4C

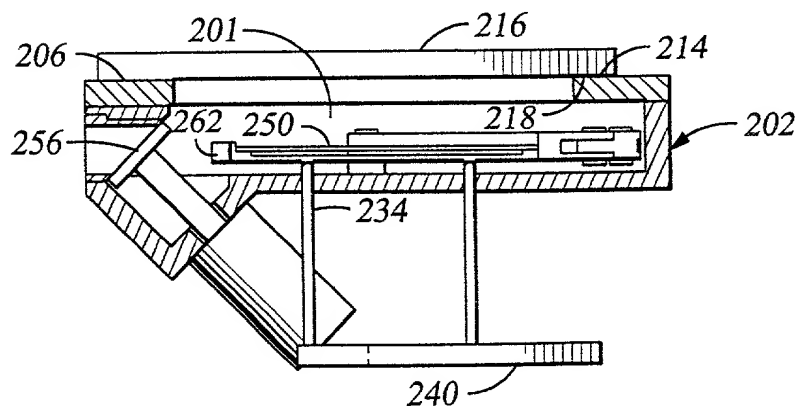


Fig. 4D

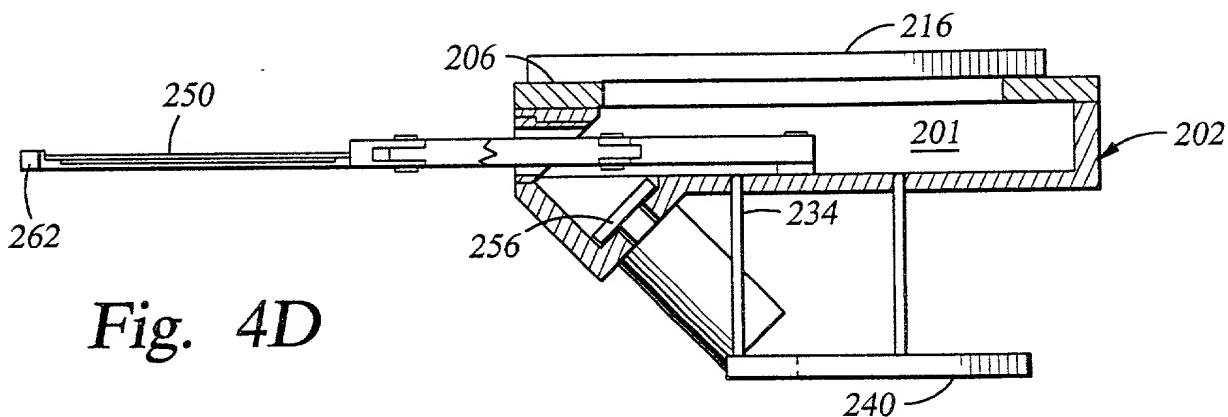
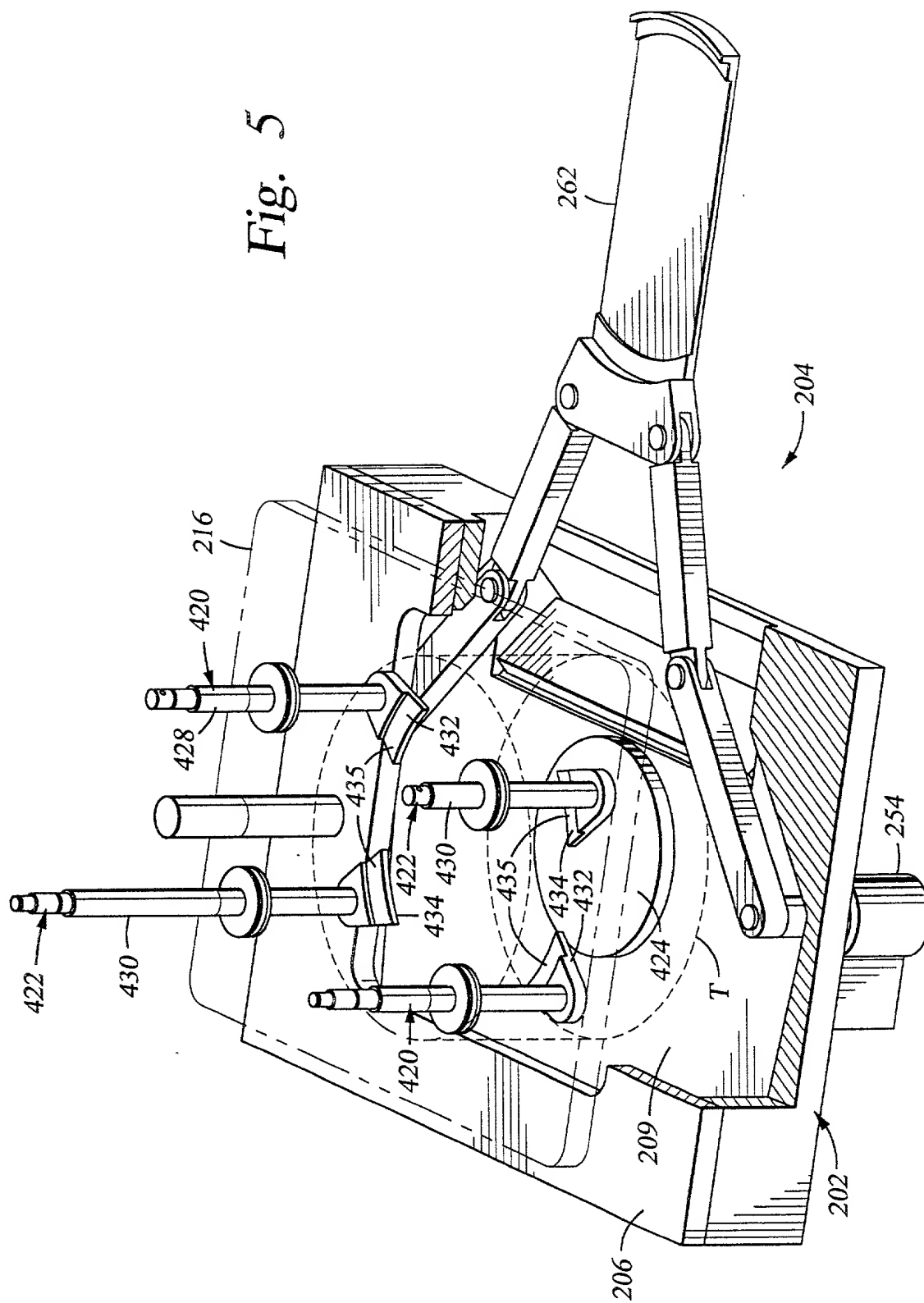
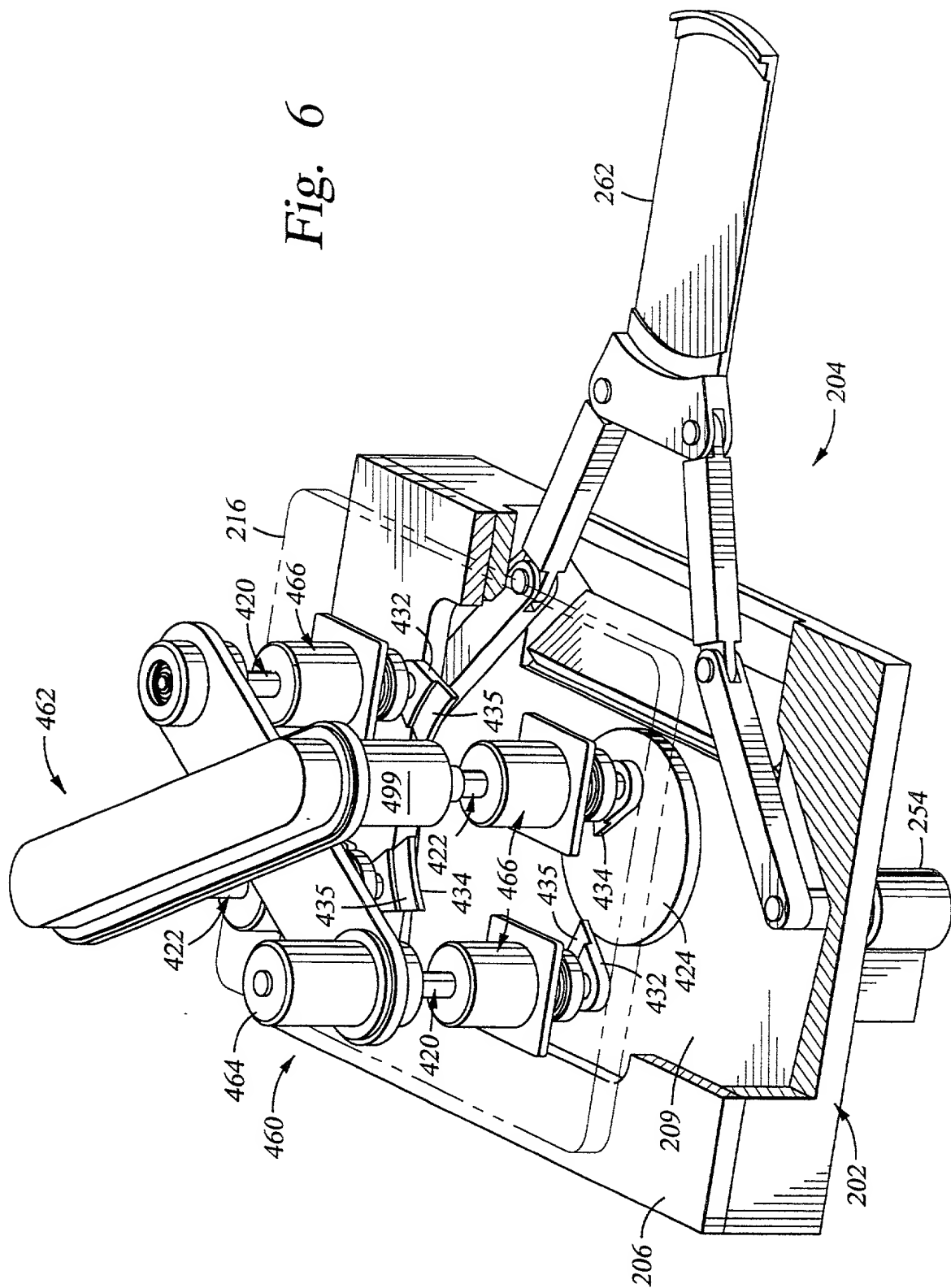


FIG. 4A-4D





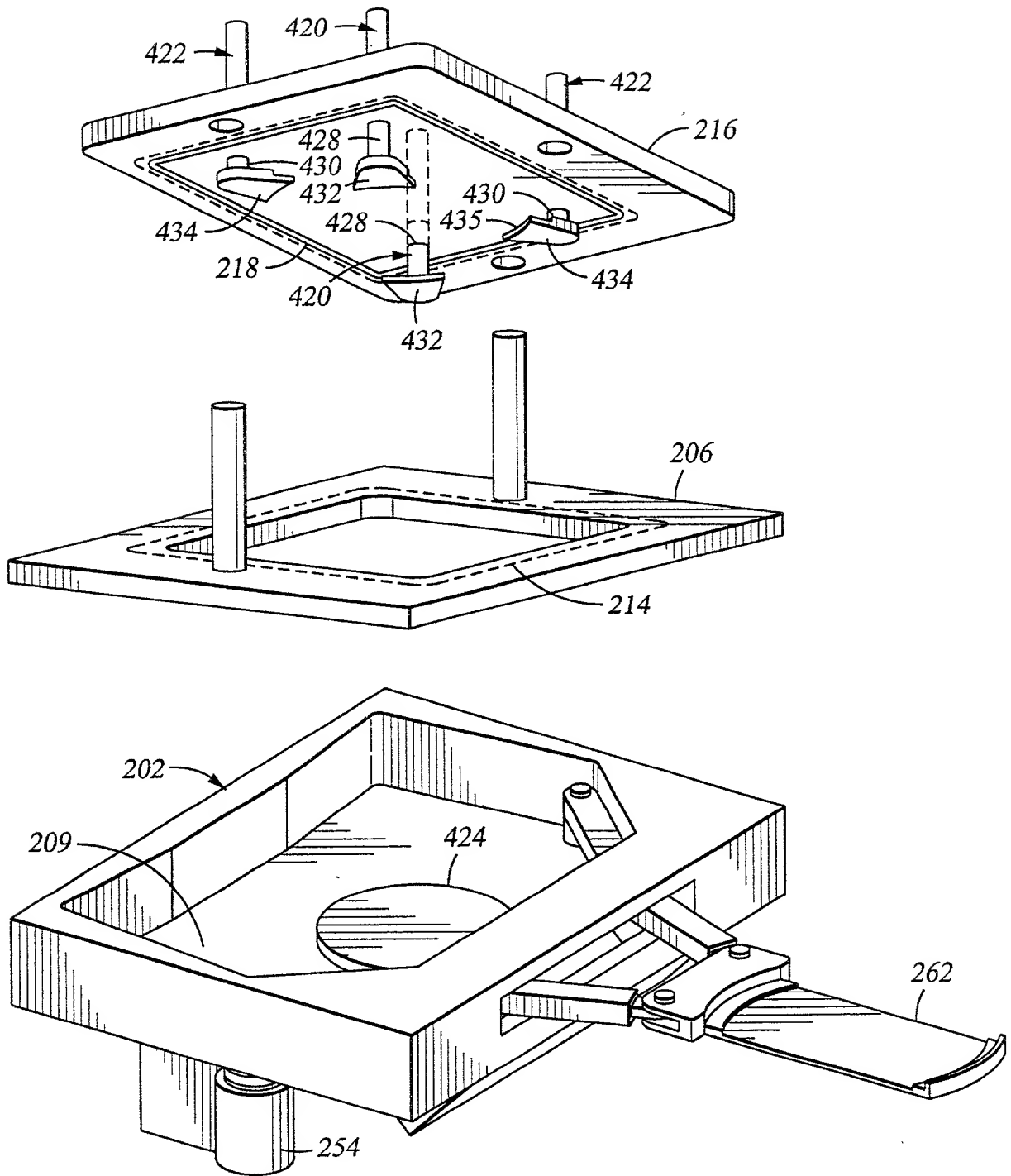
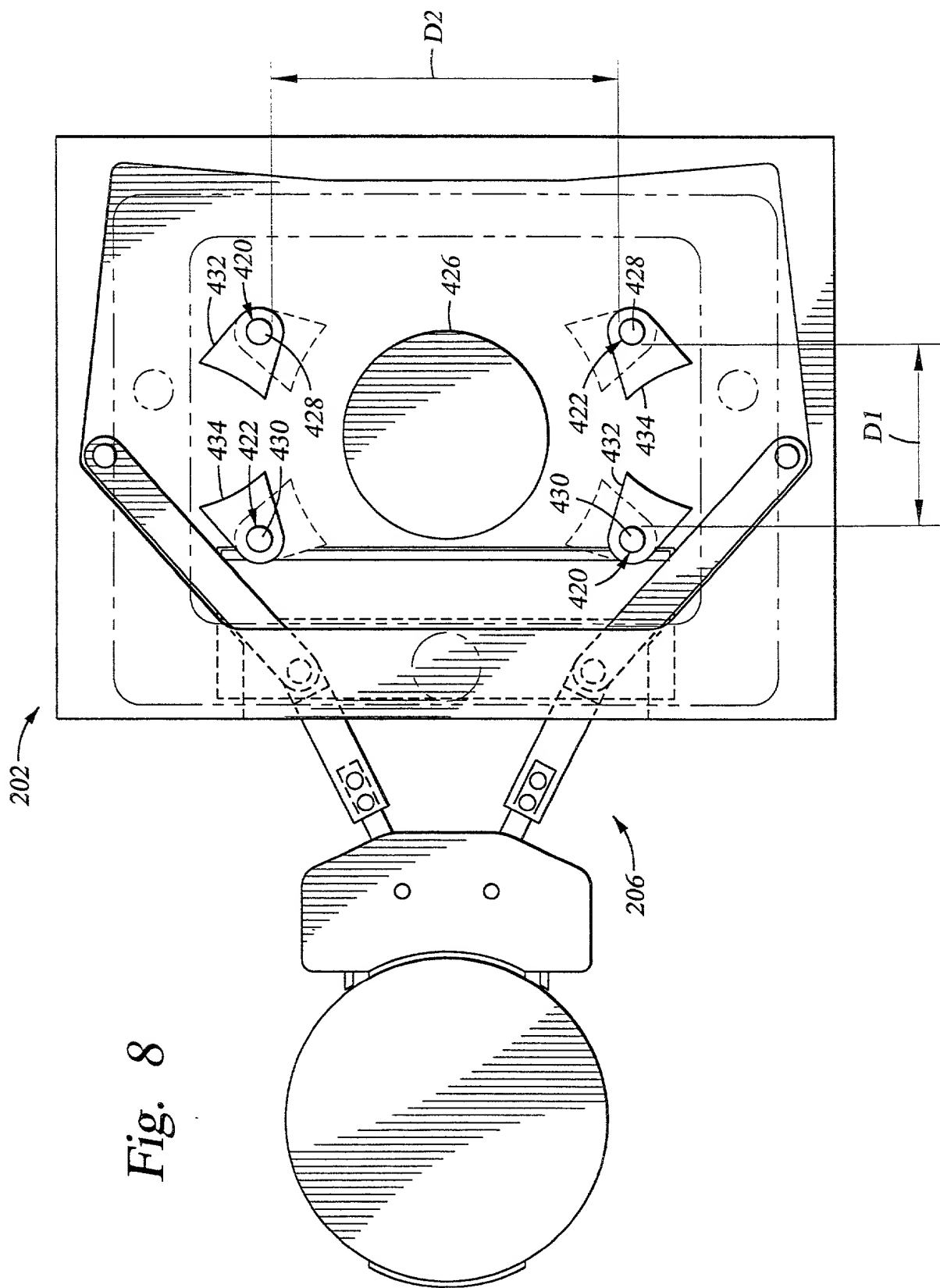


Fig. 7





Variable	Mean	SD	Min	Max
Age	34.5	10.5	20	55
Gender	50%	50%	0	100
Marital status	75%	25%	0	100
Education	12.5	1.5	10	15
Income	3500	1500	1000	6000
Health status	85%	15%	0	100
Exercise frequency	2.5	1.5	0	5
Stress level	4.5	1.5	1	7
Sleep quality	7.5	1.5	5	10
Dietary habits	6.5	1.5	4	10
Work-life balance	5.5	1.5	3	10
Family support	8.5	1.5	6	10
Community involvement	3.5	1.5	1	7
Personal growth	6.5	1.5	4	10
Life satisfaction	7.5	1.5	5	10
Overall well-being	6.5	1.5	4	10

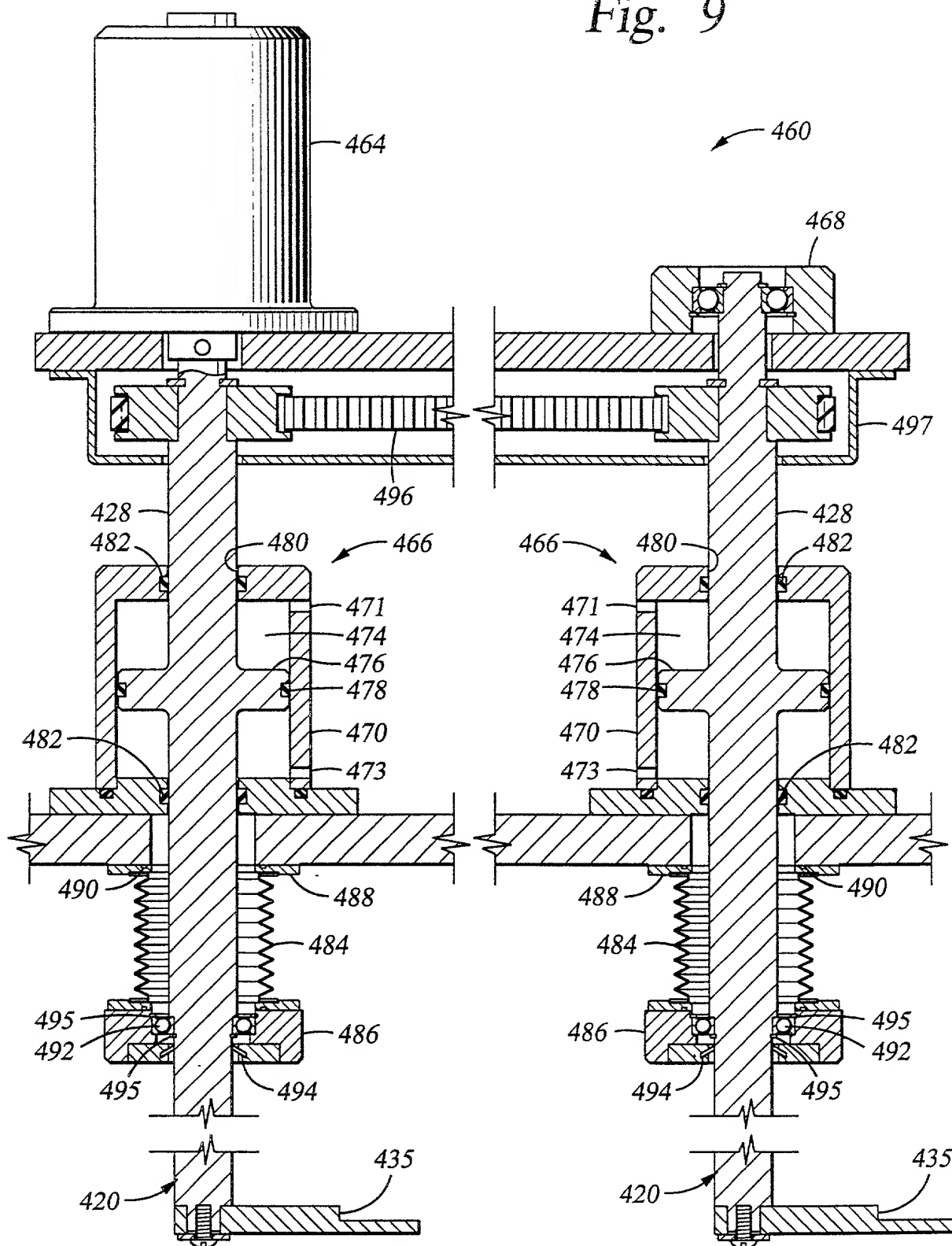




Fig. 10A

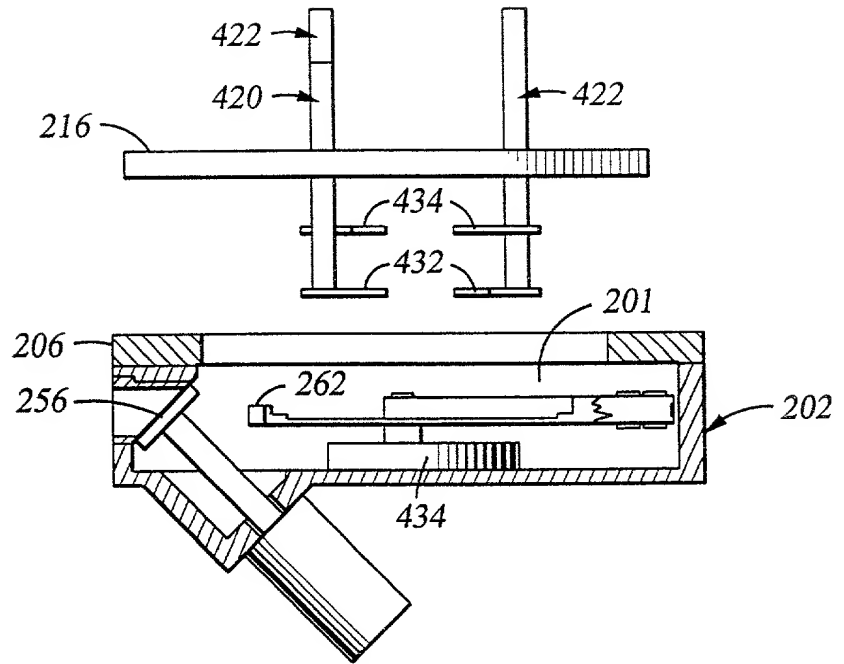
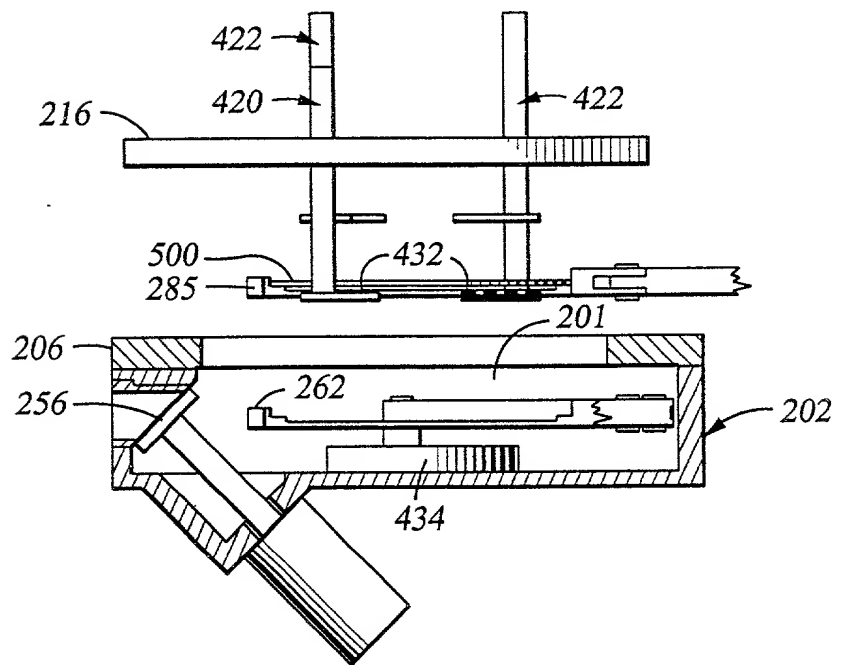


Fig. 10B



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Fig. 10C

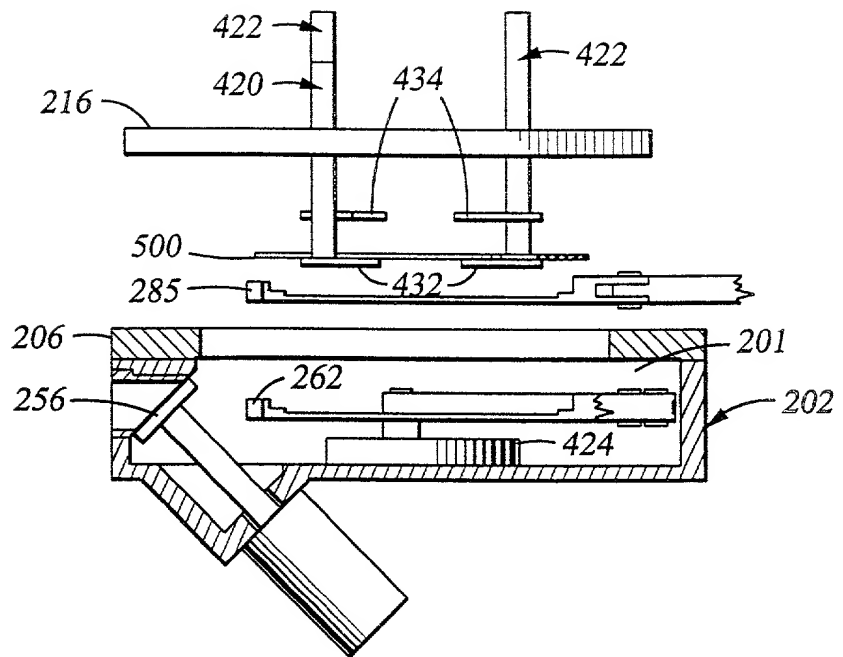


Fig. 10D

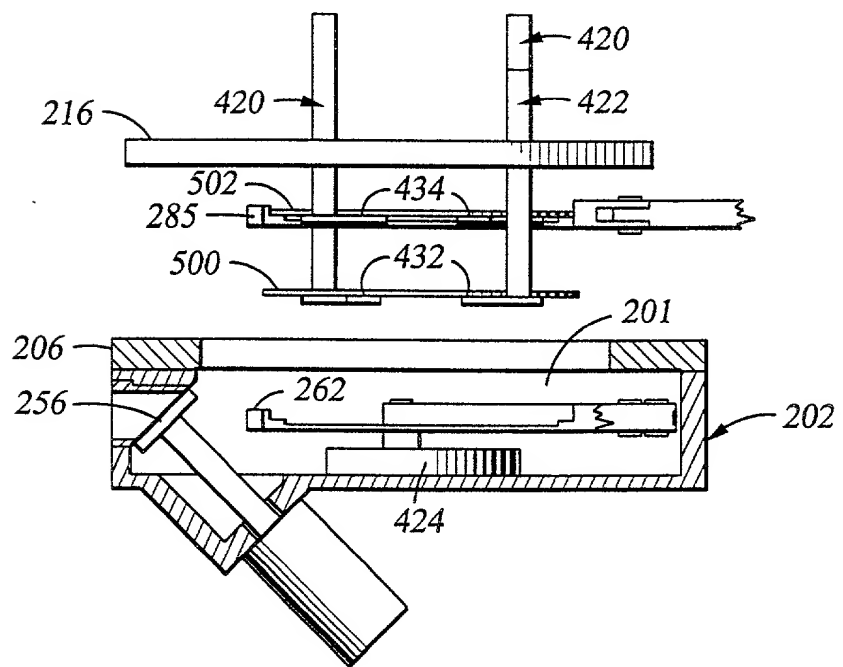


Fig. 10E

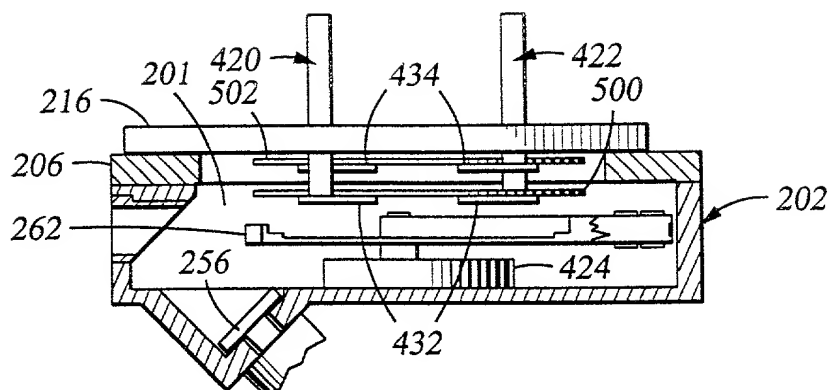


Fig. 10F

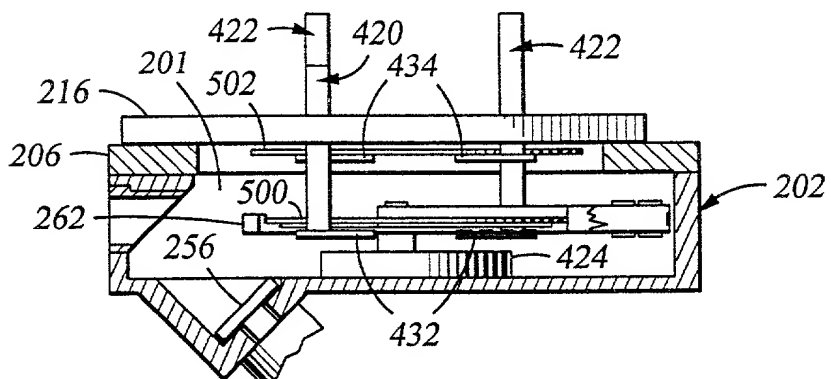


Fig. 10G

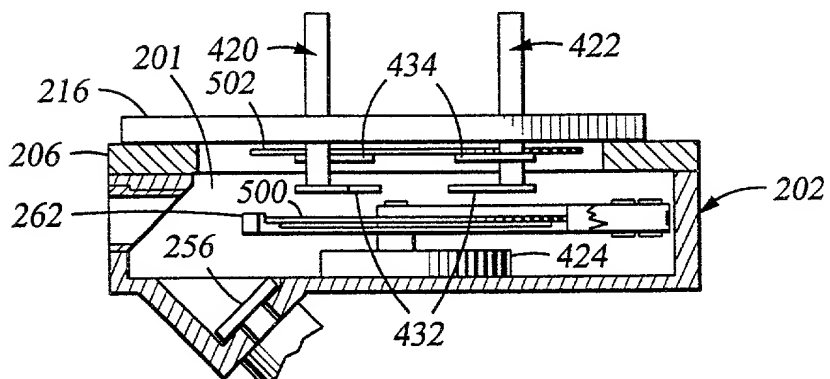


Fig. 10H

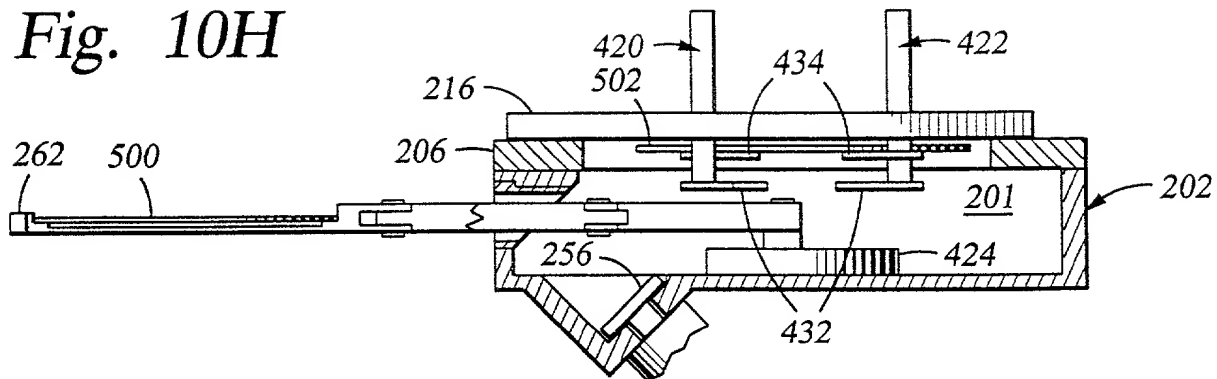


Fig. 10I

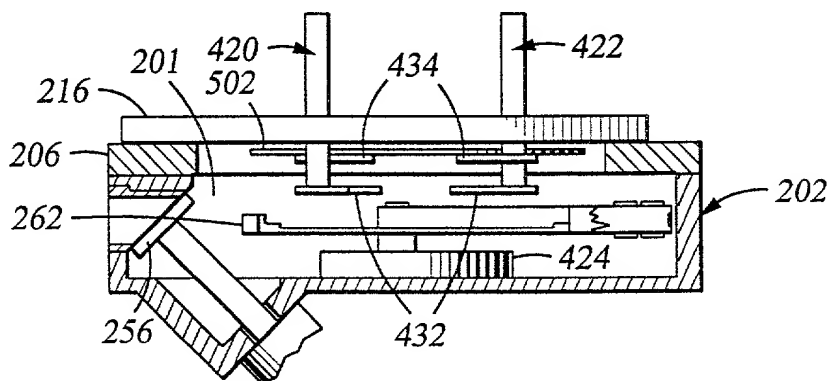


Fig. 10J

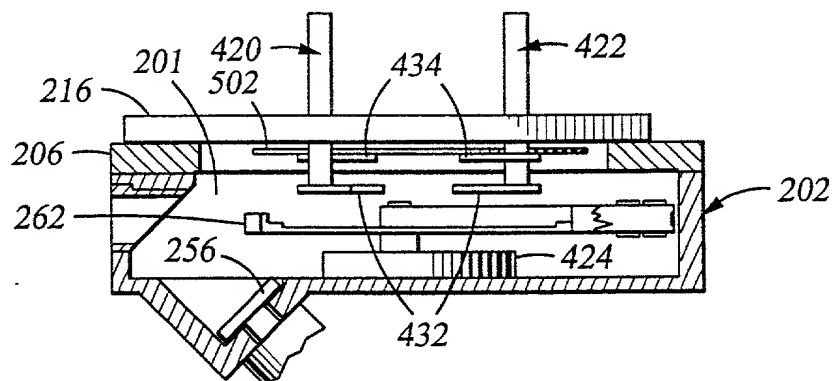


Fig. 10K

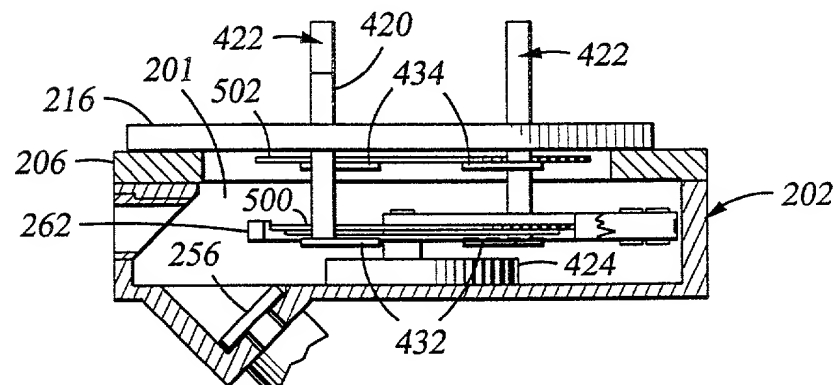




Fig. 10L

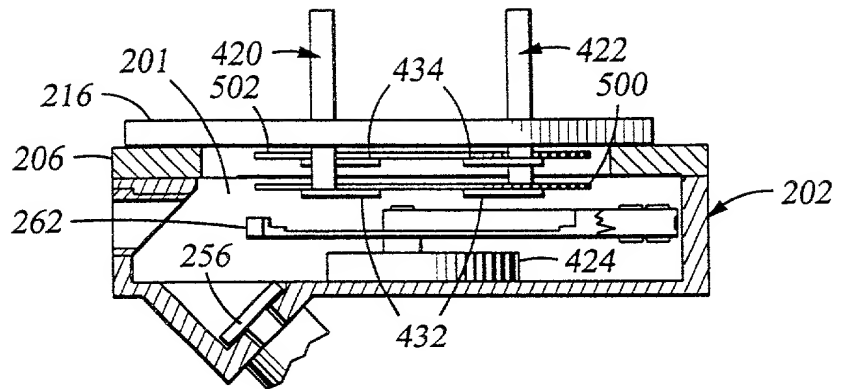


Fig. 10M

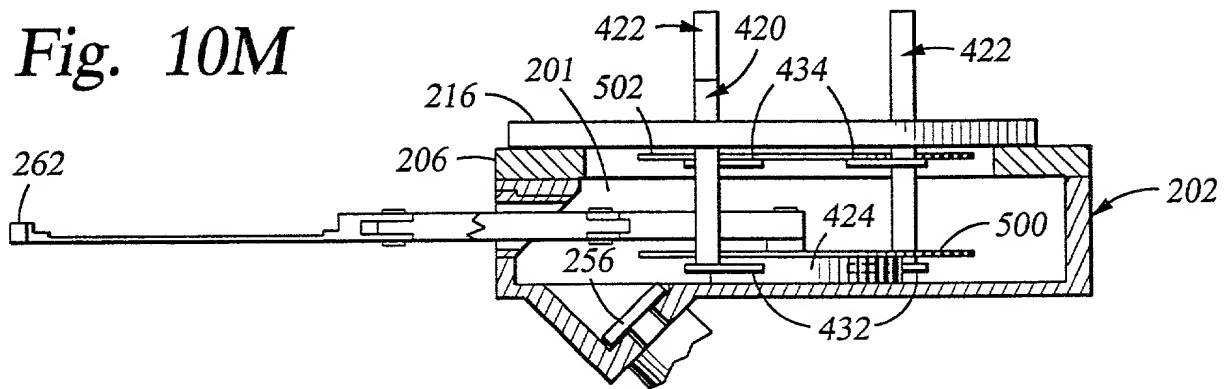


Fig. 10N

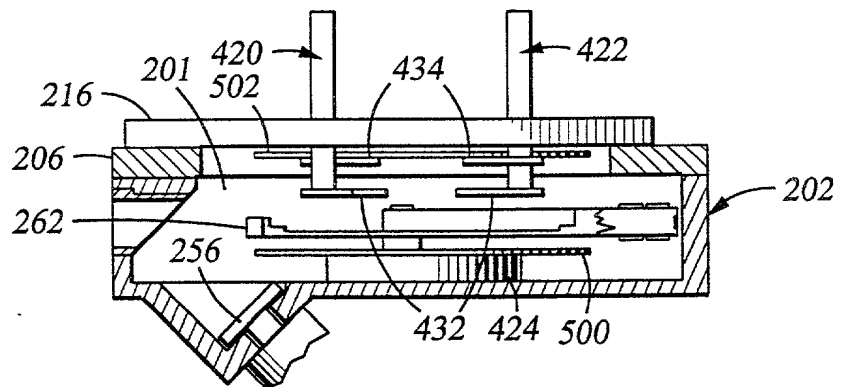


Fig. 10O

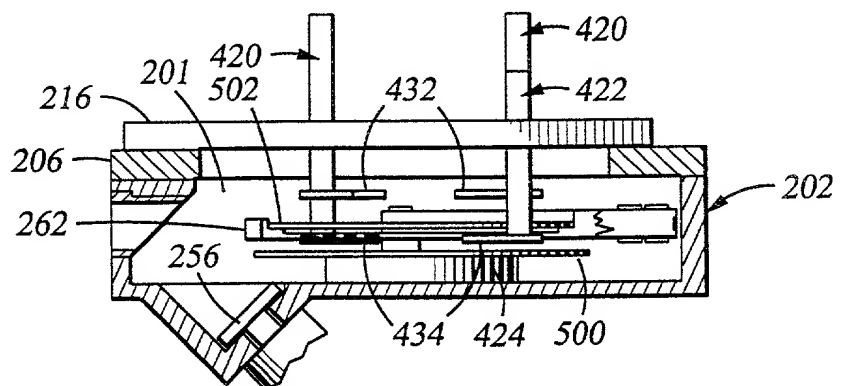


FIG. 10L

Fig. 10P

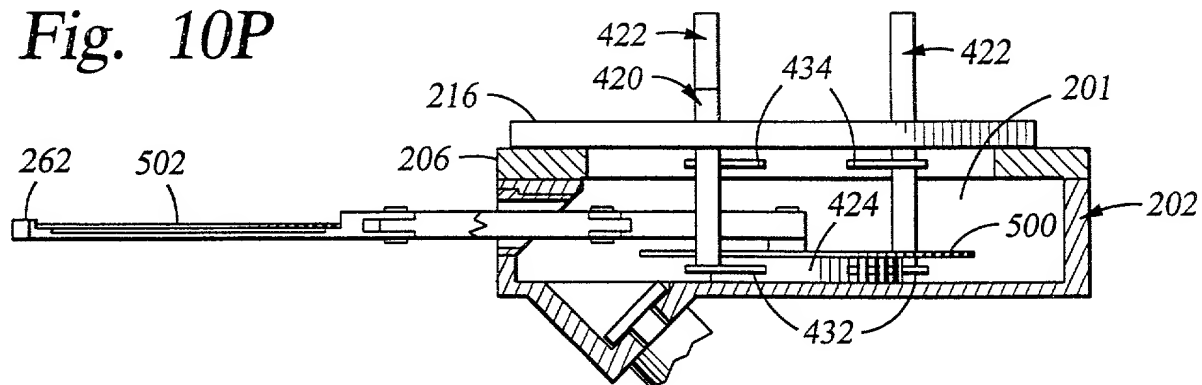


Fig. 10Q

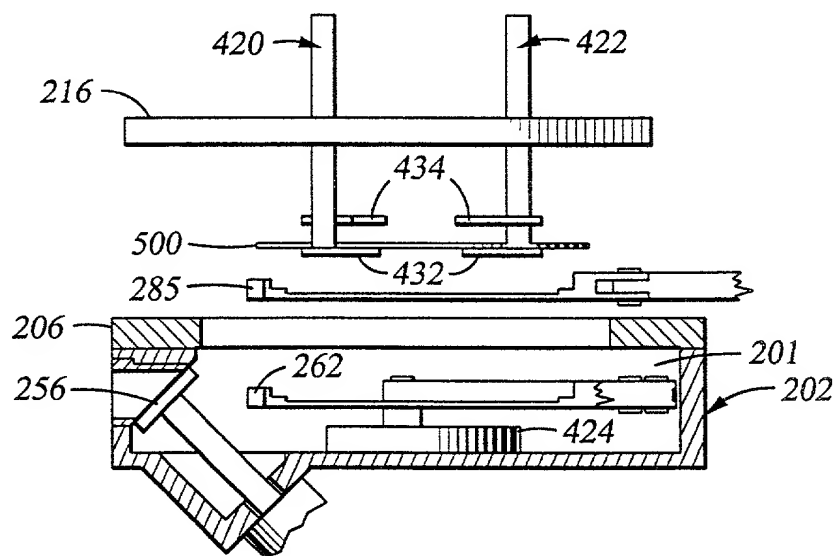
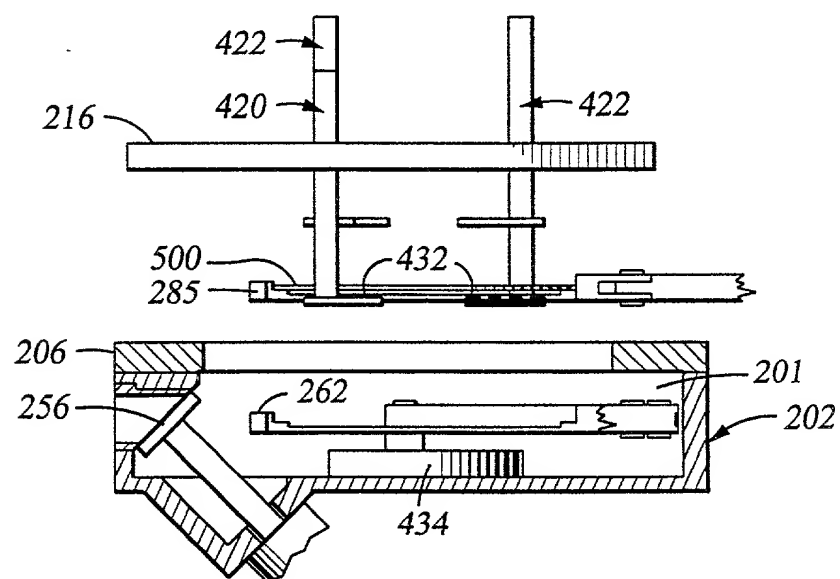


Fig. 10R







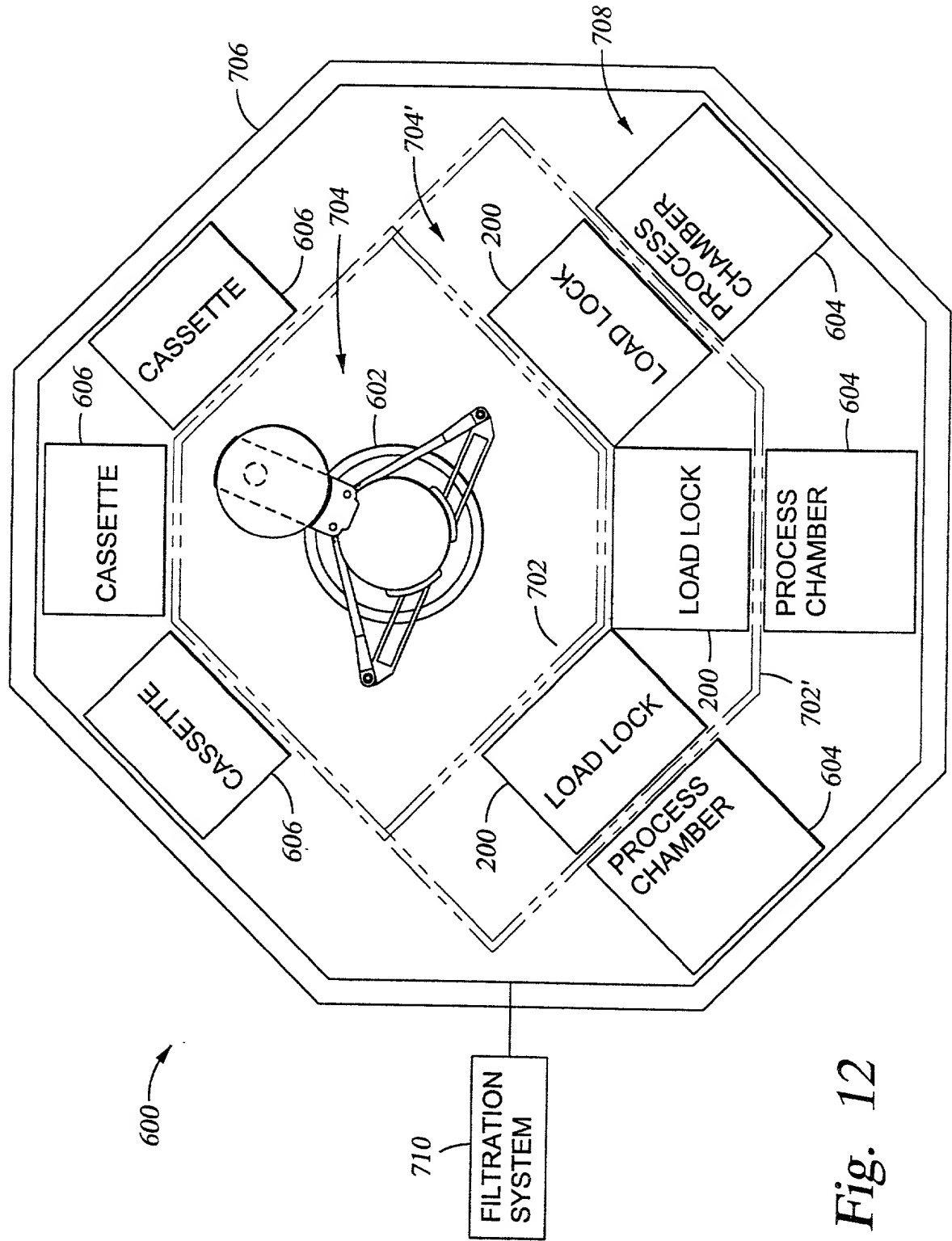


Fig. 12

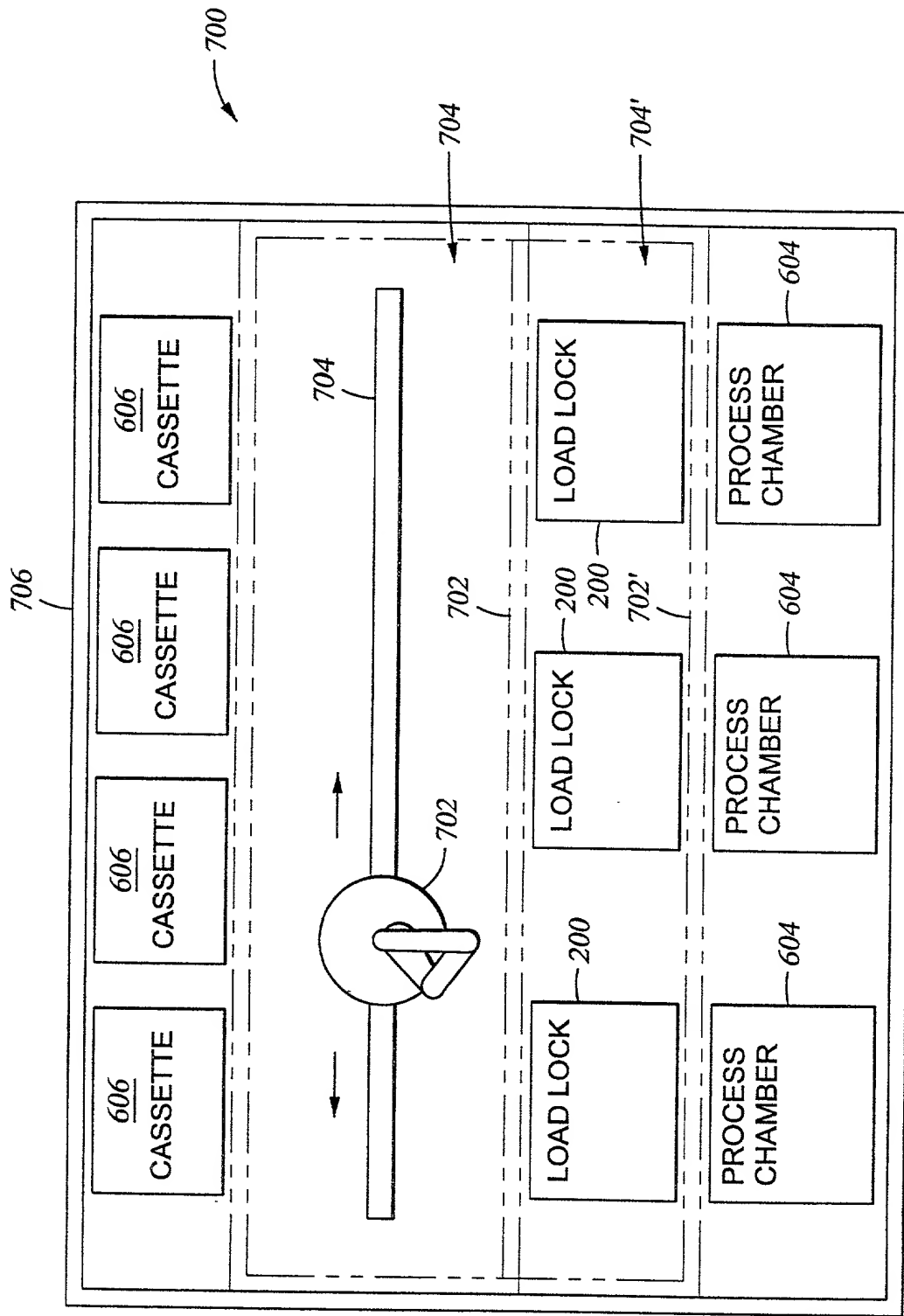


Fig. 13